



Vigilant

The Journal of the 143rd



143rd Composite Squadron, Waterbury, CT

OCT 2011

Squadron Schedule

- 01NOV11 Squadron Meeting**
ES/Safety/Character Dev.
Uniform: BDU/Polo
- 06NOV11 Veterans Day Parade**
Hartford, CT
Uniform: BDU
- 08NOV11 Squadron Meeting**
AE
Uniform: BDU/Polo
- 11NOV11 Great Start Weekend**
Camp Niantic, Niantic, CT
Uniform: BDU/Polo
- 15NOV11 Squadron Meeting**
CPFT/Volleyball
Uniform: PT/BDU/Polo
- 15NOV11 Squadron Meeting**
Leadership
Uniform: Blues/Corporate
- 15NOV11 Squadron Meeting**
Cadet Competition Practice
Uniform: BDU/Polo
- 06DEC11 Squadron Meeting**
ES/Safety/Character Dev.
Uniform: BDU/Polo
- 13DEC11 Squadron Meeting**
AE
Uniform: BDU/Polo
- 20DEC11 Squadron Meeting**
CPFT/Fitness Activity
Uniform: PT/BDU/Polo
- 27DEC11 Squadron Meeting**
Leadership
Uniform: Blues/Corporate

CTWG Conference

The 2011 CTWG Conference began with a reception at the New England Air Museum on Friday evening. During the evening Mary Feik made a special presentation to cadets from the 143rd who have received their Earhart Award this year. Our squadron has had six cadets attain the Earhart Award this year, a feat that no other squadron in Connecticut has accomplished.



Mary Feik with Earhart cadets Kyle Johnson, Midhat Mullai, Margaret Palys, Eric Testman, Brenden Flynn and Matthew McCandless stand in front of a Lockheed Electra which is a twin to Amelia Earhart's plane. (photo by Maj Art Dammers)

The reception allowed CAP personnel to have the museum to themselves for the evening. Members were able to socialize and wander through the displays and restored aircraft in a relaxed atmosphere.

The conference itself began on Saturday with the General Session. Col Huchko gave a presentation outlining the accomplishments of CTWG in 2011. Col Sturges then presented



Lt Col Levitt and Maj Palys listen to Dr. Don Rethke explain how the space toilet was designed. (photo by Maj Art Dammers)

a summary of the national accomplishments of CAP in 2011. The general session concluded with presentations of awards including the awarding of over one hundred Disaster Relief Ribbons to members of CTWG who participated in the Hurricane Irene response. The wing Operations Officer, Col Sturges, and the wing Emergency Services Officer, Maj Heath, will be visiting squadrons in the near future to award the ribbons to members who were not in attendance at the conference.

After the General Session the conference provided a buffet lunch. The tradition of including lunch as part of the conference started in 2009 and allows members an additional opportunity to socialize.

After lunch, the conference offered members three hours of seminars to attend. Pilots were able to spend the entire three hours discussing flying safety with Jim Adams from the

The 143rd Composite Squadron

Squadron Commander: Capt Timothy McCandless
Deputy Commander for Seniors: Lt Col Richard Levitt
Deputy Commander for Cadets: Maj Joseph Palys
Cadet Commander: C/1st Lt Eric Testman
Cadet First Sergeant: C/MSgt Cameron Foster

Regular Meetings every Tuesday 7-9pm
Connecticut National Guard Armory
64 Field Street, Waterbury, Connecticut

CTWG Conference (cont.)

FAA Safety Team. Members interested in Operations were offered three seminars: A review of the Hurricane Irene response, an aerial photography workshop, and a review of CAP Emergency Services Qualifications. CAP Staff Member workshops included Drug Demand Reduction Workshop, a Professional Development Workshop and an Aerospace Education Officer Workshop. Chaplains and Character Development Officers were offered three hours of classes including a Character Development Forum and Religious Services that were open to all to attend. Seminars that were scheduled specifically for cadets included a two hour presentation by Dr. Don Rethke (a.k.a. Dr. Flush) entitled "Life After Liftoff" showed the difficulties of living in a zero gravity environment. Dr. Rethke brought a selection of items to display including a NASA space suit and an example of his invention that gave him his alias, the space toilet.



Dr. Don Rethke, a.k.a. Dr. Flush, presents "Life After Liftoff". (photo by Maj Art Dammers)

After the seminars members enjoyed an afternoon break to socialize and conduct ad hoc meetings. A number of cadets were able to spend time with Maj Rocketto, our Wing Aerospace Education Officer, and offer their opinions on how to improve the AE program at the wing level.

In the evening members gathered for the annual awards banquet. Capt Ian Schermann of Stratford was named CTWG Senior Member of the Year. C/Col Ryan Chapman was named CTWG Cadet of the Year. C/Col Chapman was also named the NER and CAP National Cadet of the Year. The Silver City Composite Squadron was named CTWG Squadron of Merit and was also named NER Squadron of Distinction. Many other awards were given out including Capt McCandless being named CTWG Cadet Programs Officer of the Year and Maj Palys being named CTWG Safety Officer of the Year.

The speaker for the conference was USAF Major General (Retired) James Skiff. The general described the changes he experienced in the Air Force mission over his forty year career. General Skiff is also known as Senior Member Skiff of the Royal Composite Squadron in Hartford, CT.



Col Mary Feik relates some of her experiences during World War II during her presentation. (photo by Maj Art Dammers)

Members of the 143rd had the special opportunity to meet Mary Feik when she arrived Friday morning and spend the day with her before the conference began. C/Capt Mullai and C/Capt Palys as well as Maj Litwinczyk and Maj Palys took Mary to lunch and then spent several hours at the New England Air Museum listening to Mary tell stories about her experiences with the aircraft on display. C/Capt Palys acted as Mary's aide throughout the conference from the time she arrived to the time she left on Sunday morning. Mary will be back in



USAF Maj Gen (Ret.) James Skiff talks about his career in the US Air Force. (photo by Maj Art Dammers)

Connecticut on November 6th for a special Women in Aviation Day at the New England Air Museum and she hopes to see some of our cadets that day. She also hopes to see many of us as her Maryland Wing plays host to the 2012 CAP National Conference next August in Baltimore. More information on attending the National Conference will be available as we get closer to the event.

-Maj Palys

The Amelia Earhart Award



Cadets who completed the Amelia Earhart Award in 2011 stand behind a portrait of the famous aviatrix. From left to right: Eric Testman, Midhat Mullai, Brenden Flynn, Matthew McCandless, Kyle Johnson and Margaret Palys. (photo by Suzanne Palys)

The Amelia Earhart Award honors the late Amelia Earhart, aviatrix, advocate, and pioneer, who set many records for women aviators in aviation's infancy, and who was lost while attempting to be the first woman to circumnavigate the globe.

The CAP Cadet Program is divided into sixteen segments, called achievements, involving study and performance in the five program areas. Upon completion of each achievement, the cadet earns increased responsibility, decorations, awards, eligibility for national and international special activities, and opportunities for both flight and academic scholarships.

The third milestone of the Cadet Program is the Amelia Earhart Award, which is earned after the receipt of the Wright Brothers Award, General Billy Mitchell Award and the completion of the first eleven achievements of the Cadet Program. In addition, the cadet must pass a comprehensive 100-question examination covering aerospace topics, leadership theory and staff duties. To highlight the significance of this accomplishment, only five percent of all CAP cadets have earned this award since its inception in 1964.

Once a cadet earns the Earhart Award, he or she is promoted to the grade of Cadet Captain. Any cadet who has received this award, and who later enters CAP's Senior Member program, is eligible for immediate promotion to CAP 1st Lieutenant at age 21.

Cadets who receive the Amelia Earhart Award also enjoy all the benefits gained from earning the General Billy Mitchell Award. Additionally, these Earhart Award cadets are now eligible to apply for participation in the International Air Cadet Exchange.

October Promotions

The following members of the 143rd Composite Squadron were promoted in October:



James Keaney has been promoted to 2nd Lt. This promotion requires completion of Level I of the Senior Member program and six months time in grade as a Senior Member.



Midhat Mullai has completed the Amelia Earhart Achievement and has been promoted to C/Capt.



Thaddaeus Vaichus has completed the Billy Mitchell Achievement and has been promoted to C/2nd Lt.



Matthew Belval has completed the Dr Robert H Goddard Achievement and has been promoted to C/CMSgt.



Drew Grosof has completed the Dr Robert H Goddard Achievement and has been promoted to C/CMSgt.



Megan Major has completed the Gen Jimmy Doolittle Achievement and has been promoted to C/MSgt.



Lynnise Stephen has completed the Gen Jimmy Doolittle Achievement and has been promoted to C/MSgt.



Alec Beliveau has completed the Capt Eddie Rickenbacker Achievement and has been promoted to C/TSgt.



Matthew McCarthy-Calabrese has completed the Mary Feik Achievement and has been promoted to C/SrA.



Devon Judge has completed the Mary Feik Achievement and has been promoted to C/SrA.



Sarah Eriksson has completed the Gen Hap Arnold Achievement and has been promoted to C/A1C.



Aidan Moran has completed the Gen J F Curry Achievement and has been promoted to C/Amn.

Cadet Change of Command Ceremony

During the 25OCT11 Squadron Meeting C/Capt Johnson relinquished his position of Cadet Commander to C/Capt Testman. In addition, C/MSgt Foster will take over from C/CMSgt Belval as Cadet First Sergeant.

The Change of Command ceremony is a simple, traditional event that runs deep in symbolism and heritage. The key to the Change of Command is the passing of the unit's colors. In many ways, the history, tradition, and accomplishments of the command are symbolized by the colors. Traditionally, the colors serve as the rallying point around which a unit's members are regrouped for motivation, strength, and mission accomplishment. The colors have always been at the front of the unit and have symbolized the continuity of the organization. Even though unit personnel come and go and commanders change, the colors remain. The transfer of the colors represents the transfer of responsibility for the accomplishment of the mission, and for providing for the welfare, order, and discipline of the Airmen assigned.

The history of the Change of Command can be tracked back to the year 406 B.C. when Lysander took command of the Armies of Sparta. In the United States, there have been three Ceremonies that have influenced the ceremony that we have today. The first two involved George Washington – One when he assumed command of the Continental Army

beneath "Washington Elm" in Cambridge, Massachusetts on 3 July 1775 – The other when Washington gave his personal farewell to his Officers on 4 December 1783 at Faunces Tavern in New York. At the conclusion of the ceremony Washington passed between the ranks of Guard of Honor to the wharf from which he departed.

A final event which influenced the Change of Command Ceremony occurred on 10 November 1862, when Major General George McClellan relinquished command of the Army of the Potomac to Major General Ambrose Burnside. These Ceremonies set the precedent for the modern day Change of Command Ceremony, which involves the traditional passing of the unit colors.



The Billy Mitchell Award

Cadet Thaddaeus Vaichus received his Billy Mitchell Award and was promoted to C/2nd Lt.

The General Billy Mitchell Award has existed since 1964. This award honors the late General Billy Mitchell, an aviation pioneer, advocate, and staunch supporter of an independent air force for America.

The second milestone of the Cadet Program is the General Billy Mitchell Award, which is earned after the completion of the first eight achievements of the cadet program. In addition, the cadet must pass a comprehensive 100-question examination covering leadership theory and aerospace topics. Only ten percent of CAP cadets have earned the Mitchell Award since its inception in 1964.

Once a cadet earns the General Billy Mitchell Award, he or she is promoted to the grade of Cadet 2d Lieutenant. Any cadet who has received this award, and who later enters CAP's Senior Member program, is eligible for immediate promotion to CAP 2d Lieutenant at age 21.

Cadets who receive the General Billy Mitchell Award are also eligible for advanced placement to the grade of E-3 (Airman First Class) should they choose to enter the US Air Force. They are also eligible for advanced credit in AFROTC, various CAP scholarships, and CAP special activity opportunities.



USAF Aircraft Markings

Prior to World War I, Army aircraft had no official national insignia. The first, designed using wrapping paper and children's water colors and colored pencils, was authorized on May 17, 1917. It consisted of a white star with a red center on a blue field and was to be placed on the top of the upper wing and bottom of the lower wing. The rudder was to be marked with three vertical stripes of red, white and blue, with the blue stripe forward, as on the JN-4 pictured. Those aircraft initially deployed to France in 1917 carried this insignia, as did those aircraft which served in the United States throughout the war.



This JN-4 shows the 1917 USAF insignia on its tail. (U.S. Air Force photo)

This 55th Pursuit Squadron P-40 over the Golden Gate Bridge displays changes adopted in 1940 for camouflaged aircraft. The national insignia was removed from the lower left and upper right wingtips as a recognition aid, eliminating any advantage the balanced pattern of marking would have given to enemy gunners as an aiming point. This unbalanced pattern was later adopted for all USAF aircraft. Also in 1940, the national insignia was added to each side of the fuselage. Nationality markings on the rudder were eliminated in 1940 from camouflaged aircraft and in 1942 from all other AAF planes.



(U.S. Air Force photo)

On the final World War II national insignia, the red border was replaced with one of blue. Adopted on Aug. 14, 1943, this change eliminated red from the national insignia until after WWII.



Yellow-tailed P-51Ds of the 52nd fighter group carry the final World War II national insignia. (U.S. Air Force photo)

This design was adopted on Jan. 14, 1947. Horizontal red bars were added to the white blocks on either side of the circle. This basic design remains in use today on most USAF aircraft.



Evolution of USAF Insignia - 1947.



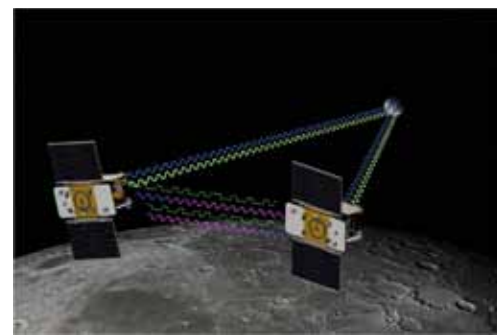
Northrop XB-35 "Flying Wing." (U.S. Air Force photo)



To reduce the infrared image of this A-10A close support aircraft and reduce its vulnerability to infrared guided missiles, markings such as a single color national insignia were stenciled on the aircraft using low gloss black paint. This photograph was taken in 1977. (U.S. Air Force photo)

Taken from nationalmuseum.af.mil.

NASA Invites Students To Name Moon-Bound Spacecraft



Above: Artist concept of GRAIL mission.

NASA has a class assignment for U.S. students: help the agency give the twin spacecraft headed to orbit around the moon new names.

The naming contest is open to students in kindergarten through 12th grade at schools in the United States. Entries must be submitted by teachers using an online entry form. Length of submissions can range from a short paragraph to a 500-word essay. The entry deadline is Nov. 11.

The solar-powered Gravity Recovery And Interior Laboratory (GRAIL) A and GRAIL-B spacecraft lifted off from Cape Canaveral Air Force Station, Fla. on Sept. 10 to begin a three-and-a-half-month journey to the moon. GRAIL will create a gravity map of the moon using two spacecraft that orbit at very precise distances. The mission will enable scientists to learn about the moon's internal structure and composition, and give scientists a better understanding of its origin. Accurate knowledge of the moon's gravity also could be used to help choose future landing sites.

"A NASA mission to the moon is one of the reasons why I am a scientist today," said GRAIL Principal Investigator Maria Zuber from the Massachusetts Institute of Technology (MIT) in Cambridge. "My hope is that GRAIL motivates young people today towards careers in science, math and technology. Getting involved with naming our two GRAIL spacecraft could inspire their interest not only in space exploration but in the sciences, and that's a good thing."

Zuber and former astronaut Sally Ride of Sally Ride Science in San Diego will chair the final round of judging. Sally Ride Science is the lead for GRAIL's MoonKAM program, which enables students to task cameras aboard the two GRAIL spacecraft to take close-up views of the lunar surface.

Taken from a NASA News Release.



Prescription Drug Abuse

What is prescription drug abuse?

Prescription drug abuse is when someone takes a prescription drug that was prescribed for someone else or in a manner or dosage other than what was prescribed. Abuse can include taking a friend's or relative's prescription to get high, to treat pain, or because you think it will help with studying.

What are the most commonly abused prescription and over-the-counter drugs?

Opioids (such as the pain relievers OxyContin and Vicodin), central nervous system depressants (e.g., Xanax, Valium), and stimulants (e.g., Ritalin, Adderall) are the most commonly abused prescription drugs. Some drugs that are available without a prescription—also known as over-the-counter drugs—also can be dangerous if they aren't taken according to the directions on the packaging.



How many teens abuse prescription drugs?

Among youth who are 12 to 17 years old, 7.7 percent reported past-year nonmedical use of prescription medications. According to the 2010 Monitoring the Future survey, prescription and over-the-counter drugs are among the most commonly abused drugs by 12th graders, after alcohol, marijuana, and tobacco. Youth who abuse prescription medications are also more likely to report use of other drugs.

Where do teens get prescription drugs?

Both teens and young adults obtain the majority of prescription drugs from friends and relatives, sometimes without their knowledge. And in one survey, 54 percent of high school seniors said that opioid drugs other than heroin (e.g., Vicodin) would be fairly or very easy to get.

Why do teens abuse prescription drugs?

Teens abuse prescription drugs for a number of reasons, including to get high, to treat pain, or because they think it will help them with school work. Interestingly, boys and girls tend to abuse some types of prescription drugs for different reasons. For example, boys are more apt to abuse prescription stimulants to get high, while girls tend to abuse them to stay alert.

What happens when you abuse prescription drugs?

Abusing prescription drugs can have negative short- and long-term health consequences. Stimulant abuse can cause paranoia, dangerously high body temperatures, and an irregular heartbeat, especially if stimulants are taken in high doses or in ways other than in pill form. The abuse of opioids can cause drowsiness, nausea, constipation, and, depending on the amount taken, slowed breathing. Abusing depressants can cause slurred speech, shallow breathing, fatigue, disorientation, lack of coordination, and seizures (upon withdrawal from chronic abuse). Abuse of any of these substances may result in addiction.

Abusing over-the-counter drugs that contain DXM—which usually involves taking doses much higher than recommended for treating coughs and colds—can impair motor function (such as walking or sitting up); produce numbness, nausea, and vomiting; and increase heart rate and blood pressure.

Aren't prescription drugs safer than illegal drugs, such as cocaine or heroin?

No. Many people think that abusing prescription drugs is safer than abusing illicit drugs like heroin because the manufacturing of prescription drugs is regulated or because they are prescribed by doctors. But that doesn't mean these drugs are safe for someone other than the person with the prescription to use. Many prescription drugs can have powerful effects in the brain and body—and people sometimes take them in ways that can be just as dangerous (e.g., crushing pills and snorting or injecting them) as illicit drug abuse. In fact, opioid painkillers act on the same sites in the brain as heroin, which is one reason why they can be so dangerous when abused. Also, abusing prescription drugs is illegal—and that includes sharing prescriptions with friends.

If prescription drugs are dangerous, why are they prescribed by doctors?

Virtually every medication presents some risk of undesirable side effects, sometimes even serious ones. Doctors consider the potential benefits and risks to each patient before prescribing medications. Doctors ask about patients' medical history, including what other health problems they have and what other medications they take. Based on this and other information (e.g., age and weight of the patient), physicians can prescribe medications while minimizing the risks. But when abused, some prescription drugs can be dangerous and can lead to severe health consequences, including addiction and overdose—just like illicit drugs can.

Taken from the National Institute on Drug Abuse.

CAP Announces New DDRx Program

The Drug Demand Reduction Excellence (DDR_x) program rewards a CAP cadet for successfully completing activities related to making good choices, choosing good role models, avoiding substances that have a negative effect on human performance, and striving to live a drug-free lifestyle.



A cadet participates in a DDR_x activity.

The “elements” of this new program are:

- During the course of this activity program, the participating cadet will be referred to as the “Candidate.”
- A senior member is required to provide guidance and counseling to the Candidate in the DDR_x program. That senior member is known as a “Mentor.”
- Once the Mentor and Candidate agree on the selection, the Mentor gives the Candidate approval and this allows the Candidate to get started.
- An activity is a series of short-term tasks that result in a learning experience. This volume consists of 36 activities.
- A task is a step toward successfully completing the activity.
- Once the Candidate finishes all of the tasks in an activity, the required paperwork is submitted to the Mentor for approval. The cadet and mentor discuss the activity using the Meaningful Learning Experience Rubric at the end of this volume. If the Mentor approves, he signs and dates the “Mentor Approval,” which can be found at the end of this volume. The Candidate can now continue on to the next activity.
- A Candidate must complete six (6) activities in a 12-month period to receive recognition. Upon completion, the Mentor or Unit Commander sends a request for a DDR_x certificate to National Headquarters DDR.
- A candidate may complete activities in subsequent years to receive DDR_x credit, but may not repeat activities that were used in a previous year.
- Only DDR publications and Mentor approved resources may be used in activities.

-Maj Palys

This ORM Worksheet should be completed for every CAP activity.